



Southern Synergy Mindfulness Program

March 2022 Newsletter



Update on the ICM Asia Pacific 2022 in Melbourne

*Crises such as the COVID-19 pandemic have shown that change is the only constant (Behan 2020, p. 2)**

Three years ago, in the March 2019 MU newsletter, we excitedly announced that the second International Conference on Mindfulness - Asia Pacific would be held in Melbourne, with Southern Synergy part of the team involved in hosting the event. At that stage, the prospect of a two year plus pandemic hardly featured in our planning. In fact, not surprisingly, it didn't feature at all.

Since early 2020, the Conference Organising Committee has made major pivots in response to the ever-changing landscape imposed by the COVID pandemic. In June 2020, we announced the conference was postponed from November 2021 to November 2022 and anticipated that it would otherwise run as normal.

Nevertheless, we took the precaution in mid-2021 to upgrade our event technology to ensure maximum flexibility for a possible hybrid or fully virtual event. This has proven to be a shrewd move as we finally had to make the call at the beginning of February to run the conference as a hybrid but largely online event. The reason being the ongoing uncertainty around COVID and the horrific Russian invasion of Ukraine. These events have made it difficult for speakers to travel.

The good news from this latest pivot is the enormous flexibility we now have in navigating a fabulous line-up of keynote speakers. This pivot has also stimulated some creative ideas in how we might include in-person elements, such as for workshops and the retreat.

Our conference website is continuing to evolve and

now includes a description of each of the main strands of the conference, registration prices, and important dates. Information about keynote speakers is being progressively added.

If you haven't checked out our website, please visit:
www.icmmelbourne2022.org

[Register your interest](#)



Weekly Mindfulness Session

Our weekly mindfulness sessions have been continuing to be facilitated online throughout the recent COVID-19 wave.

Time: Every Wednesday from 2.30 - 3.00pm

Online event link: Use the same weekly zoom link or go to monash.zoom.us/join and enter meeting ID: 853 737 z4390 and password: 77258332.

All going well, we anticipate returning to face-to-face sessions in the Sacred Space at Dandenong Hospital sometime during April.

[Join Session](#)

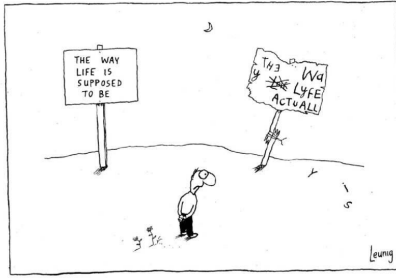
Day of Mindfulness

After a year of offering our Days of Mindfulness in cyberspace, we were pleased to provide our first Day of Mindfulness for 2022 at the Abbotsford Convent. Lana Sciberras, who facilitated the day, was struck by how happy all the attendees were to be back in person - one attendee had travelled over 70 kilometres to be there. Lana said that the participation was fantastic, with one attendee observing it provided a great booster for daily practice.

The remaining dates for 2022 are Saturday 4 June and Saturday 8 October, which we hope we will continue to be at the Convent.

We now have seven free "pay-it-forward" places available for Health Care Card holders (or two full-fee places) thanks to the generosity of some of our attendees. Email southern.synergy@monash.edu if you wish to access one of these places. If you receive one of these places (or even if you don't!), you might like to consider paying it forward by doing your own act of kindness - see bucketlistjourney.net/random-acts-of-kindness-ideas-and-examples for inspiration.

[Register](#)



Acceptance is not about resignation. It is about courage. It is about the courage to look at a situation right in the eye and say: 'Yes, I have this problem'.

You can't stop the waves but you can learn how to surf them.

- Jon Kabat Zinn

Image courtesy of Michael Leunig

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This eNewsletter was produced in partnership with Monash Health.

For any enquiries, please email Dr Frances Shawyer at frances.shawyer@monash.edu

***Behan, C. (2020). The benefits of meditation and mindfulness practices during times of crisis such as COVID-19. Irish J Psychol Med. May 14: 1–3.**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7287297/>



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